



# LAMB-STYLE SEITAN

## Make at home seitan kit

SIMPLE  
SEITAN  
KITS  
plant-based  
protein

### WHAT YOU'LL NEED

- 2 stock cubes
- 1 can of jackfruit

### EQUIPMENT

- Cup measurement
- Bowl
- Tinfoil
- Pot for simmering
- Sieve

### PREP TIME

- 5 mins

### COOK TIME

- 1 hour

### 1 Cook jackfruit (20 mins)

Use one stock cube to make 2 cups (500ml) of stock. Drain the jackfruit and gently simmer it in the stock until it becomes soft and breaks easily

### 2 Shred jackfruit

Drain the jackfruit and shred it as finely as possible, removing any hard bits if needed

### 3 Mix ingredients

Make 1 cup (250ml) of stock using the other stock cube. Add the seitan mix, jackfruit and stock to a bowl and mix until it forms a ball

### 4 Knead (2 mins) then rest (10 mins)

Knead the dough for 2 minutes. Bits of the jackfruit may fall out as you do this, so knead it in a large bowl to reduce any mess and press the jackfruit back in towards the end of the kneading. Place the seitan back in the bowl with a damp tea towel covering the top of it, and allow to rest for 10 minutes

### 5 Wrap

Lay out a piece of tinfoil around 5x the size of the seitan and place the seitan at one end. Roll it up in the tinfoil so that it is fully wrapped, and seal the two shorter ends. You want it to be loose enough to allow it to expand around a quarter of its size, whilst ensuring it is watertight

### 6 Gently simmer (1 hour)

Fill a pot with enough hot water to cover the seitan. Gently simmer the wrapped seitan with the lid off for 1 hour, turning occasionally. The water should have minimal movement and only a few, tiny bubbles rising intermittently- don't allow the seitan to boil, as this can result in a spongy, bread-like texture. When cooked, allow the seitan to cool slightly before unwrapping, and leave it to rest overnight for the best texture and taste results!



**This recipe creates lamb-style seitan that can be served as it is (ideal for deli-style seitan), or it can be prepared further to best suit different dishes**

**Frying:** Cut or tear into chunks and fry in quality oil for 3-4 minutes (ideal for sauce based dishes)

**Roasting:** Marinate or coat with spices and then roast in an ovenproof dish until heated through

### WRAPPING

If you don't like foil to touch your food, add a piece of baking paper in-between, or use food safe clingfilm instead

### TIPS

You can add additional seasoning, marinade or use a sauce to suit different dishes such as curries, stew, tagine, kebabs or gyros

### STORAGE

Store in an airtight container and keep in the fridge for up to 4 days. Freeze whole or cut into portions, and defrost fully before consuming